

Discover Montana's Delicious Treasures

Resources

Agriculture & Farm to School

Montana Kids Agriculture Facts

http://montanakids.com/agriculture_and_business/crops/

Montana Ag in the Classroom

<http://agr.mt.gov/agr/Programs/AgClassroom/>

USDA & NASS Agricultural Statistics Site

This site is fairly complicated and would be best used to get numbers to tell the kids rather than having the kids use the site. The database provides data by product type, location, time, value, and acreage produced/sold.

<http://quickstats.nass.usda.gov/>

Montana Seasonality Chart

<http://www.missoulacfac.org/images/toolsandresources/seasonalchart.pdf>

Office of Public Instruction's Farm to School Webpage

<http://opi.mt.gov/Farm2School>

Nutrition Education

USDA's Eat Smart to Plate Hard Mini Poster

<http://www.opi.mt.gov/pdf/SchoolFood/EatSmart/eatsmartposter.pdf>

Eat Smart with My Plate Student Worksheet & Answer Key

<http://opi.mt.gov/pdf/SchoolFood/EatSmart/G2/EatSmartMyPlateKidsWorksheet.pdf>

http://www.opi.mt.gov/pdf/SchoolFood/EatSmart/G2/EatSmartMyPlateKids_AK.pdf

Eat Smart Be Smart Nifty Nutrients Chart:

http://www.opi.mt.gov/pdf/SchoolFood/EatSmart/G3/NN_Nutrients.pdf

Sources

Iowa Department of Education, Team Nutrition

<https://www.educateiowa.gov/pk-12/nutrition-programs/team-nutrition>

How to Teach Nutrition to Kids

<http://nutritionforkids.com/aboutbook.htm>

USDA Choose MyPlate

<http://www.choosemyplate.gov/>

Montana Kids Agriculture Site

http://montanakids.com/agriculture_and_business/crops/



Montana Team Nutrition Program

More information available at www.opi.mt.gov/MTeamNutrition
Montana Team Nutrition Program is housed at Montana State University and works in cooperation with the Montana Office of Public Instruction. The USDA is an equal opportunity provider and employer.



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Montana Seasonal Food Chart

The Montana Seasonal Food Chart shows many of the food items grown or raised in this state that are available throughout the four seasons. For produce, the chart indicates when fresh items may be available and doesn't take into account fruits or vegetables that are available after the harvest season due to canning, freezing or dehydrating. This is not a complete list of all products grown and raised in the state. This chart is adapted from Missoula CFAC <http://www.missoulacfac.org/images/toolsandresources/seasonalchart.pdf>

Winter

Dec - April

Barley
Beef
Beets
Buffalo
Carrots
Cheese
Chicken
Eggs
Garbanzo Beans
Garlic
Kamut
Lentils
Milk
Mushrooms
Onions
Parsnips
Pinto Beans
Pork
Potatoes
Shallots
Sprouts
Sunflower
Seed
Turkey
Wheat
Winter Squash
Yogurt

Spring

May - June

Barley
Beef
Broccoli
Buffalo
Cabbage
Cauliflower
Chard
Cheese
Chicken
Collards
Eggs
Garbanzo Beans
Greens
Herbs
Kale
Kamut
Lentils
Lettuce
Milk
Mushrooms
Onions
Parsnips
Peas
Pinto Beans
Pork
Spinach
Sprouts
Sunflower
Seeds
Turkey
Wheat
Winter Squash

Summer

July - Aug

Apricots
Barley
Basil
Beans
Beef
Beets
Broccoli
Buffalo
Carrots
Cabbage
Cantaloupe
Cauliflower
Chard
Cheese
Cherries
Chicken
Collards
Corn
Cucumbers
Eggs
Garbanzo
Beans
Garlic
Herbs
Kale
Kamut
Lentils
Lettuce
Milk

Peas
Peppers
Pinto Beans
Pork
Raspberries
Scallions
Shallots
Spinach
Sprouts
Strawberries
Summer
Squash
Sunflower
Seeds
Tomatillos
Tomatoes
Turkey
Wheat
Yogurt

Fall

Sept - Nov

Apples
Barley
Basil
Beans
Beef
Beets
Broccoli
Buffalo
Carrots
Cabbage
Cantaloupe
Cauliflower
Chard
Cheese
Cherries
Chicken
Collards
Corn
Eggs
Garbanzo
Beans
Garlic
Kamut
Herbs
Kale
Leeks
Lentils
Lettuce
Milk
Mushrooms
Mustard
Greens

Onions
Peas
Pears
Peppers
Pinto Beans
Pork
Potatoes
Pumpkins
Raspberries
Scallions
Shallots
Spinach
Sprouts
Strawberries
Summer
Squash
Sunflower
Seeds
Tomatillos
Tomatoes
Turkey
Wheat
Winter
Squash
Yogurt



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+ Taste Testing With Kids



Encourage Healthy Eating Through Positive Taste Tests

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Why?

Research shows that children need many opportunities to try new foods before they will claim to “like” them. Following the Healthy, Hunger Free Kids Act of 2010, schools are following a new meal pattern, which increases fruits and vegetables. Taste tests can help reduce food waste during school meals, by providing opportunities for students to learn and taste foods before seeing them in the lunch line.

There are many ways to offer taste tests to kids. This fact sheet provides three examples provided by Erin Jackson, FoodCorps Service Member at Hyalite Elementary in Bozeman, Montana.

Cheers!

Get kids excited by involving them in creating a “cheers” to the food they are about to taste. Explain to children that they are celebrating trying a new food. When people share a meal, they often do a toast to celebrate the moment and the food. Ask the children for ideas to choose something to say for their cheers. An example for carrots would be “Cheers to crazy carrots!” Decide on one phrase. Have children hold up their taste item, say the cheer, and then take a bite!

Don't Yuck My Yum, Please

Nothing ruins a tasty meal, or a new food, like the person next to you saying “ewww, gross” as you are taking a bite. Set the expectation for kids in the beginning of taste tests that they should allow everyone the opportunity to enjoy a new food or one they already like. Provide kids with polite options to decline foods such as “no, thank you” or “I prefer carrots instead of broccoli.”

Tried it, Liked It, Loved It

Children love giving their vote and having a say in decisions. Create a voting system by writing “Tried it,” “Liked it,” and “Loved it” on three cups. See photo above for an example. Use dried beans, toy pieces, or other items for the kids to vote. A child receives a voting piece if they tried the new food. Once they have tried the sample, they can put their voting piece in one of the three cups. Notice there is not a cup for “I don't like it,” which follows the *Don't Yuck My Yum* method above. The voting options are intended to stay positive and commend the children for trying the new food.

Updated May 2014

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